



Elizabeth
SCHOOL *of* LONDON

Find Your Calm Reducing Stress and Anxiety



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INTRODUCTION

Understanding Anxiety and Stress

Anxiety and stress are common human experiences. They are our body's natural responses to perceived threats or challenges. However, when anxiety and stress become overwhelming or persistent, they can significantly impact our lives.

The Impact of Anxiety and Stress on Physical and Mental Health

Chronic anxiety and stress can have detrimental effects on both physical and mental health. Physical symptoms include headaches, digestive issues, insomnia, and weakened immune system. Mentally, anxiety and stress can lead to difficulty concentrating, irritability, mood swings, and feelings of overwhelm.

Breaking the Stigma Around Mental Health

It's important to challenge the stigma surrounding mental health. Anxiety and stress are normal human experiences, and seeking help is a sign of strength, not weakness. By openly discussing these issues, we can create a more supportive environment for everyone.



MANAGING STRESS AND ANXIETY

There are many strategies you can employ to manage anxiety and stress in your daily life. Here are some key techniques:

Mindfulness and meditation

Mindfulness practices help you focus on the present moment and reduce stress. Meditation techniques can train your mind to become calmer and more focused.

Deep breathing and relaxation techniques

Deep breathing exercises can slow your heart rate and activate your body's relaxation response. Techniques like progressive muscle relaxation can also help ease tension.

Exercise and physical activity

Regular physical activity is a powerful stress reliever. Exercise releases endorphins, which have mood-boosting effects, and can improve sleep quality.

Healthy diet and sleep

Eating a balanced diet rich in fruits, vegetables, and whole grains provides your body with the nutrients it needs to cope with stress. Getting enough quality sleep is also crucial for managing anxiety and stress.

Time management and organisation

Feeling overwhelmed by tasks can contribute to anxiety. Effective time management and organization skills can help you feel more in control and reduce stress.



RESOURCES AND SUPPORT

Mental Health Charities and Organizations

- Mind: Provides advice and support on mental health issues.
 - Website:<https://www.mind.org.uk/>
- SANE: Provides support and information on mental health.
 - Website:<https://www.sane.org.uk/>
- Calm and Headspace: Popular meditation and mindfulness apps.
 - Website:<https://www.calm.com/>

Support Groups

Many local communities offer support groups for people with anxiety and stress. Check with your local GP or mental health services for information on groups in your area.

Campus Support Services

Our campus offers 1:1 meetings in person and online where our wellbeing team can help and coach you throughout your academic journey.





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TAKE
TIME for
YOUR
SELF

Get in Touch



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